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Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Seniors & SNAP: What you need to know

The Supplement Nutrition Assistance Program (SNAP, formerly the Food Stamp program) is an important supplement to income for all beneficiaries, but especially for lower income older people and people with disabilities, who often live on fixed budgets that can force them to make difficult trade-offs that affect their health. Research shows that households that receive SNAP are on average, less likely to experience food insecurity. Food insecurity means lacking access to enough nutritious food for a healthy active lifestyle.



Food insecurities are associated with adverse health outcomes in seniors. Food insecure seniors are 50% more likely to be diabetic, 14% are more likely to have high blood pressure, and nearly 60% are more likely to have congestive heart failure or have experienced a heart attack.

Despite the importance of SNAP for seniors health and economic well-being, people over 60 have the lowest SNAP use of all demographic groups.

Some of the most common barriers to seniors participating in SNAP include;

- social isolation
- lack of knowledge about benefits
- confusion about eligibility requirements
- difficulty filling out an application
- stigma surrounding the program



Call the Aging and Disability Resource Center at 1-877-925-0037

To get help and guidance with applying for SNAP benefits.

Seniors are more likely to be food insecure if they:

- SENIORS & SNAP: 5 MYTHS BUSTED:** *Get help paying for healthy food!*

- <http://chfs.ky.gov/dail/default.htm>